

**Substance Abuse Services Commission
Meeting of February 11, 2015
Cross State Office Building Room 300
Augusta, Maine**

ATTENDANCE

Members Present:

Peter McCorison, Provider, Aroostook County, Chair for SASC
Ann Dorney, MD, Physician in Private Practice
Scott Gagnon, Prevention, Healthy Androscoggin
Robert Rogers, Kennebec Behavioral Health
Darren Ripley, MAAR
Tom Leonard, School Administrative Leader (phone)

Members Absent/Excused:

Ann Giggey, Hope House
Diehl Snyder, MD
Bill Lowenstein, Board of Dir. of Sexual Assault & Response Services
Irene Laney, Clinician in Private Practice

Office of Substance Abuse and Mental Health Services:

N/A

Guests:

Raya Kouletsis, Coordinator, MAPSA
Erin Dunne, AdCare Maine, Recorder
Neill Miner, Director, AdCare Maine
Mike Savage

**Substance Abuse Services Commission Meeting
February 11, 2015
Cross State Office Building, Room 300
Augusta, Maine**

FEBRUARY MINUTES

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| DRAFT Date: | February 25, 2015 | SASC Approved: | |
| Signed: Recorded by: Erin Dunne and Neill Miner, AdCare Maine | | | |

Meeting Convened: 9:00 A.M.

Adjourned: 11:30 AM

Meeting Convened: By Peter McCorison

AGENDA

- Introductions and Public Comments, Review of the January Minutes

New Business:

- SAMHS Update, including:
 - The SAMHS Budget for 2014-2015
 - SAMHS Efforts In Relation to Child Welfare Clients
- Recovery Support Services: Potential Speaker Identified: Bruce Bevers, Ellsworth Recovery House for Women (notes on this item are incorporated into the discussion about Goals for the Coming Year)

BREAK

Old Business:

- Goals for the coming year
- Reviewing the Commission's List of Requests From SAMHS: (notes on this item are incorporated into the discussion about Goals for the Coming Year)
- Disposal of Meds, Sharps and How to Reinvigorate This Service (notes on this item are incorporated into the discussion about Goals for the Coming Year)
- Membership

Prepare Agenda Items for meeting on March 11, 2015

Adjourn meeting 12:00

FEBRUARY 11, 2015 SASC Meeting Summary

Peter McCorison, Chairperson

Introductions, Public Comment, and Meeting Minutes Review

Peter McCorison welcomed and thanked members and guests for coming to the meeting. Introductions were made. Peter asked if there were any public comments. No comments were offered.

Due to the lack of a quorum of the Commission members, review and revisions, if any, of the January meeting minutes was deferred until the next meeting.

Conclusions or Actions and Responsible Lead Person; timeline if applicable:

N/A

I. NEW BUSINESS – February Agenda

A. Maine SAMHS Update:

- The SAMHS Budget for 2014-2015
- SAMHS Efforts In Relation to Child Welfare Clients

Peter noted that Sheldon Wheeler, Director, nor another Maine SAMHS representative would be available to attend this meeting of the Commission. Consequently there would be no SAMHS updates at this meeting.

Conclusions or Actions and Responsible Lead Person; timeline if applicable:

Peter will follow up with Sheldon Wheeler about having representation from SAMHS at future SASC meetings.

II. OLD BUSINESS:

A. Goals for the Coming Year

Member Discussion to inform the identification of Commission Goals:

- 1) Scott mentioned that the Maine-based group, Legalize Maine, is officially submitting to the state language for a Citizen's Initiative in order to start collecting signatures to get on the ballot in 2016. They are framing it around rural economic development. Scott noted that there is limited focus on the social cost of substance abuse when these new initiatives arise, at both the State and Federal level.
- 2) Substance Abuse Issues in Jails

- Ann expressed that she would like to see some information on what is happening in jails around substance abuse issues and how the Commission can be a proponent in helping inmates get substance abuse treatment if they want/need it.
 - Darren Ripley mentioned that he met with all three regions in the state around this issue and noted that they have Intensive Case Manager's (ICM's) that are in place to meet with inmates at least a month before they are supposed to be released. Darren was successful in reaching out to Donna Davis out of Somerset where there are supports in place to help inmates prior to release from incarceration on what their plan is to deal with their substance abuse problems.
 - Peter proposed that substance abuse services in jails and discharge planning should be a possible goal of the Commission.
 - Rob proposed that another focus that coincides with this might be an inmate's ability to access services after incarceration because if they have insurance like MaineCare when they go in, they no longer have it when they are getting out of jail.
- 3) Substance Use Data on University of Maine system
- Darren expressed interest in gathering data from the University of Maine system on their substance use issues, including rates of use and consequences of use.. Darren mentioned that he has been working with an organization that has \$10,000 of seed money to set up collegiate recovery community. Darren has followed up with University of Maine Farmington but has received no follow up after initial conversation with them.
- 4) Peter brought attention to Bill Lowenstein's email proposing the Commission write a letter in support of methadone treatment as a science-based treatment for opiate addiction to forward that to the appropriate legislative and gubernatorial offices. Bill would also like to pose a question to SAMHS to find out if they support the statement of the DHHS spokesperson that equated methadone tax to substituting one addiction for the other. Peter noted that this request wouldn't be decided on during this meeting because there is no quorum.
- Peter mentioned an article in the newspaper that indicated approximately 3,600-5,000 people are receiving methadone treatment via MaineCare and one of the biggest issues facing the state of Maine is weaning these people down from methadone by July 1st. If MaineCare no longer reimburses this treatment, communities are going to need support to be able to support these individuals and their families who will be significantly challenged in their recovery.
- 5) Medication Disposal
- Rob proposed that another possible goal for the Commission to focus on is medication disposal services and how the state is going to dispose of collected medications. He mentioned that some places in the state are going to remove the drop box because they are running out of storage for these medications.
 - Peter mentioned that he spoke with Roy McKinney of the Maine DEA who seemed pretty confident on the phone the Maine DEA would be able to arrange the incineration of collected medication. Many communities in the state are dealing with lack of storage for collected medications.
 - Scott brought up that the Lewiston PD doesn't have the medication disposal program due to a large population and a lack of storage space.

- Ann declared that this might be indicating a problem around overprescribing practices.
 - Scott mentioned a study conducted by UNE, which found that people were disposing of about 85% of medications they were prescribed, and the rest was being disposed of.
 - **Action:** Scott will forward this research to the Commission for review
- It was noted that EcoMaine took care of the disposal of the last take back medication via incineration.
- Peter proposed that the Commission invite Roy McKinney to come and speak about this program and to ask Roy how the Commission can help efforts surrounding this initiative.
- Additional suggestions: Engaging the Maine Medical Association on prescribing practices to reduce amount that has to be disposed of; the continued increased use of the PMP; identification of ways the Commission can support efforts by SAMHS and/or the Healthy Maine Partnerships (HMP's) to educate and engage physicians about how they can use the PMP and build use of the PMP into their practice.

6) Recovery:

- Ann mentioned that there are no NA meetings in Somerset County and asked if anyone on the Commission knows what the distribution is of meetings throughout the state. Peter noted that SAMHS has traditionally kept and make available listings of recovery groups, and that AA and NA have hotlines. Darren noted that Anita Reynolds at the Information and Resource Center (IRC) mentioned that the IRC should be issuing a new book of meetings soon.
- Peter proposed that the Commission focus on what the role of recovery is across the state and consider how to support further expansion into the additional communities to support families and people to make changes in their lives.
- Darren asked Mike Savage, guest, if the Commission should invite someone from Central Office from AA and NA to a meeting. Mike suggested that the Commission contact AA and NA to have a representative attend a future Commission meeting. Mike also noted that NA has different standards for membership than AA, in that within NA, individuals who are in Medication Assisted treatment are not yet considered "clean and sober."
- Darren noted that Bangor will have Smart Recovery in that area soon.
- Peter noted that there is a need for expansion of recovery community outside of AA and NA. Peter indicated the he had contacted Bruce Bevers at the Recovery House in Ellsworth and that he will be attending March's meeting to talk with the Commission about what his organization is working on and how they got it started and move it forward in their community. This will be useful information for SAMHS and the Commission to know to see how recovery houses are getting started in communities. Tom contributed that there is a movement in Belfast similar to how Barn started regarding recovery houses. Darren mentioned that he attended two meetings in Belfast and MAAR offered assistance in conducting a possible recovery coach training, and is hoping to connect with this group over time.

7) Ann proposed that the Commission look at ways to advertise to the public what is working in the State of Maine around substance use/abuse. Peter brought up a Youth

Report he read recently that indicated there is a decrease in alcohol consumption and cigarette use among youth, but that there is an increase in marijuana use.

8) Tobacco Use

- Scott brought up that while there is a decrease in the number of youth using tobacco but there is an increase in the use of electronic devices, or e-cigarettes.
- Peter brought up that the issue of budget cuts to HMP's in the coming year, which could significantly impact Maine's capacity to deliver prevention and education programs.

9) Marijuana

- Peter proposed that another possible goal the Commission should focus on is marijuana, especially if Legalize Maine, and/or the other group advocating for legalization of marijuana are successful in getting the legalization issue on the ballot. This is also important due to the number of bills regarding marijuana currently in front of the legislature this session.

BREAK

Final Goals and Proposed Actions:

1. Substance Abuse Services in Jails and Prisoner Discharge Planning:
 - a. The Commission will focus on this goal in late 2015
 - b. The Commission will engage the Department of Corrections around looking at models/programs currently running in the State and encouraging them to increase access to substance abuse services in jails.
 - i. One example: Open Door in Hancock County running an IOP in Hancock County jail, works with them on discharge planning
 - ii. Corrections is somewhat interested in looking at trying to implement Vivitrol discharge planning to reduce recidivism rate
 - iii. Promote MAAR's Assessment of Recovery Capital for inmates to take 30-45 days before and after they are released from incarceration, which will show the ICM what these inmates have for recovery capital
2. Impact of Substance Use on University/College Campuses & Higher Education in Maine
 - a. The Commission will focus on this goal later in the year
 - b. Look at OSA's program and at SAMHS to see what they are doing around this issue
 - c. Support the effort to bring collegiate recovery community into higher education and make it more accessible to schools
 - d. Data collection around substance use/misuse on campuses:
 - i. What type of substance misuse is occurring?
 - ii. What is the number of students that are sent to ER/hospitalized due to overdose or misuse of substances?
 - iii. How many students are seeking treatment at the health center for their substance abuse issues?
 - iv. Does campus security have data on infractions/violations of dorm substance use policy?
 - v. What kind of services do the colleges/universities have if a student is dealing with substance abuse issues?

3. Access to MAT Services and the State's Plan Regarding Access
 - a. The Commission will focus on this goal throughout March, April, and May
 - b. Ask for data from SAMHS on what the average prescription of methadone is
 - c. Invite someone from Discovery House or another organization to discuss what their plan is, what they are doing, and what their level of success is regarding weaning down patients and what will happen on July 1st if methadone treatment is no longer reimbursed by Maine Care
 - i. **Action:** Peter will talk with Brent Miller to see if someone from Discovery House to attend next month's meeting
4. Medication Destruction
 - a. The Commission will focus on this goal throughout March, April, and May.
 - b. The Commission will continue to communicate with Maine DEA on where their department is headed with sustaining the medication disposal program
 - i. **Action:** Peter will invite Roy McKinney to attend April's meeting to discuss their plan. Peter will ask Roy if someone from DEP can come to meeting as well to talk about medication disposal regulations.
 - ii. The Commission will ask Roy McKinney how they can help support this initiative
 - c. In addition, look at sharps disposal services in state –
 - i. **Action:** Dr. Ann Dorney will seek out the Maine Hospital Association and ascertain the reasons why hospitals aren't able to collect and dispose of sharps from the public
5. Engaging Maine Medical Association around Prescribing Practices
 - a. The Commission will focus on this goal in Fall 2015
 - b. Engage the Maine Medical Association on increasing the use of PMP in the state
 - c. Engage Gordon Smith who is on the board of the Diversion Alert program in the state
6. Recovery
 - a. Support documentation of Recovery Capital
 - b. Foster support of all paths of recovery across the State
7. E-Cigarette Use and Healthy Maine Partnerships (HMP's)
 - a. The Commission will focus on this goal in March
 - b. The Commission will consider issuing a letter by the end of March in support of HMP's and the work they've done around prevention and what will happen regarding universal prevention if the HMP's are reduced or disappear.
 - o **Action:** The Commission will work on writing this letter and have it completed by the meeting in March so it can be approved during meeting.
 - c. Members of the Commission that are directly connected to the HMP system will recuse themselves from this initiative, to avoid any conflict of interest.
8. Marijuana
 - a. Follow up on request to SAMHS to put a paper together on the potential costs of further decriminalization of marijuana. This paper will be used to inform the legislature, and the public, about how best to move forward with this issue
 - b. Scott will reach out to his contact in Colorado, Bob Doyle, to call in during May's meeting and report to the Commission the data they are seeing in that state regarding legalization of marijuana. Rob suggested that William Bennett might also be a good contact to have call into the meeting.
 - i. Invite some representatives from the legislatures to hear this information

Conclusions or Actions and Responsible Lead Person; timeline if applicable:

1. Ann will seek out the Maine Hospital Association to ascertain the reasons why hospitals aren't able to collect and dispose of sharps from the public
2. Peter will connect informally again with Roy McKinney at the Maine DEA and invite him to attend a Commission meeting; Peter will also ask Roy if someone from DEP can come to the meeting, as well.
3. Scott will send report of research done by UNE around the Medicine Take Back initiatives to disseminate to the Commission
4. Peter will talk with Brent Miller to get someone from Discovery House to attend next month's meeting
5. The Commission will work on writing a letter regarding Maine's current prevention service system and have it completed by the meeting in March so it can be approved during meeting.
6. Scott will reach out to his contact in Colorado, Bob Doyle, to see if he would be willing to call in during May's meeting and report to the Commission the data they are seeing in the state regarding legalization of marijuana.

B. Membership Notes

Maine House and Senate Leadership: Peter has continued to connect with House and Senate leadership and request names of legislators to be appointed as representatives to the Commission appointments. Peter is still awaiting a response on these assignments.

1. Discovery House has reached out about applying to become member of the Commission
2. Vacancies:
 - a. All Educational positions open: higher ed, high school, elementary;
 - b. Lawyer position;
 - c. Physician position: Ann has put in for the physician position, no update on application

Conclusions or Actions and Responsible Lead Person; timeline if applicable

Peter will continue to be in contact with the Commission's point of contact in the Governor's office, and the Senate and House Leadership.

C. Other

Darren proposed that the date of the next SASC meeting be moved up one week to March 4, instead of March 11, due to some scheduling conflicts for quite a few Commission members and guests.

Conclusions or Actions and Responsible Lead Person; timeline if applicable

Erin will send out an email to the Commission Members and Guests to determine if March 4th is an acceptable date to reschedule March's meeting. Members and Guest will need to reply to Erin if they are able or unable to attend by February 20, 2015.

The Agenda Items for the March Meeting (Preliminary Plan)**New Business:**

- **SAMHS Update**
- Recovery Support Services: Potential Speaker Identified: Bruce Bevers, Ellsworth Recovery House for Women
- Discovery House: Potential speaker to talk about what there plan is, what they are doing, and what their level of success is regarding weaning down patients and what will happen on July 1st if methadone treatment is no longer reimbursed by Maine Care

Old Business

- **Review of the Goals for This Year**
- **Review of Any Communications/Documents to be Finalized and Approved**
- **Membership**

Next Meeting:

Wednesday, March 4, 2015
Cross State Office Building, Room 401
9 AM to 12 Noon

Adjourn Meeting: 11:30 AM